39. Al-Muqit
(The Nourisher)

"The body is nourished by food, but the soul is nourished by remembrance of Allah. One who neglects spiritual nourishment is truly starving."

- Abu Talib al-Makki (d. 996 CE)
Source: "Qut al-Qulub"
(Nourishment of Hearts)

Ones desire will be fulfilled if one drinks water from a bowl in which one blows after reciting this Name 7 times. - Al Hisnul Hasin

BI'ISMIHI TA'AALA

Asmaa ul Husna

—

The Most Beautiful Names of Allah ﷻ

Ml.Moosa Kajee

AL-MUQEET ﷻ (THE BEING WHO CREATES AND CONVEYS PROVISIONS TO ALL ﷻ)

Qoot refers to food. Al-Muqeet ﷻ is the Being who creates physical and spiritual food and makes it reach the bodies and souls.
Allaah ﷻ has stated regarding the creation of the earth,

و قَدَّرَ فِيْهَا اَقْوَاتَهَا فِى اَرْبَعَةِ اَيَّامٍ

And He had placed in it its food in four days. (Haa-Meem Sajdah)

Hasan ﷺ and Sirri ﷺ have mentioned in the explanation of this verse, "Allaah ﷻ has ordained sustenance in every portion of the earth according to the benefits (expedience) of its residents." The meaning of ordained is that He ﷻ has ruled that in this portion of land a certain amount of different types of produce must grow.

Due to this decree of Allaah ﷻ, every portion of the earth has certain specialities. In every place, different types of metals and animals are found. Plants and trees grow according to that place's necessities and the people's temperaments and likes. For this reason, every place's manufactured articles and clothing are different. In different countries, there are diverse textiles found. In some places there is wheat, in other places there is rice, other grains, cotton, barley, apples, grapes, and mangoes. These different things are according to the temperaments of each area. According to the view of Ikramah ﷺ and Dhahhaak ﷺ, an additional benefit is that mutual trading and assistance are found in all the lands of the earth. No one is independent of another.

It is as though Allaah ﷻ has made the earth a huge storehouse for all necessities, food, living quarters, and clothing etc. for all the people and animals residing therein. Until Qiyaamah, all provisions have been placed in it for the millions of people and the countless numbers of animals. They grow in the stomach of the earth and according to need,

they will continue coming out till Qiyaamah. The only work man has to do is to remove these provisions from the ground and to use it according to his need.

Just as there are different species and types of creation, similarly there are innumerable forms of sustenance. The earth is a vast table-cloth in which there is an open invitation. Al-Muqeet ﷻ supplies sustenance to all according to expedience. Heﷻ gives meat to those who are carnivores and vegetable to the omnivores, fruits to those who eat fruit and flowers to those who eat flowers.

Since Allaah ﷻ is Al-Muqeet, the manifestation of His quality should be complete and perfect and it is so. Allaahﷻ has created sustenance for all, whether it be humans or animals, herbs or plants. In this matter, those with and without intellect; those who can and cannot speak; and those who move or are stationary are all equal. There is no difference between Muslim and disbeliever, western or eastern, or any person from any religion, country, town or nation.

Al-Muqeet ﷻ has also shown every one of His creation the method of acquiring their sustenance. Together with giving suitable and appropriate limbs and parts, He ﷻ has also taught the manner. As soon as a chick is born, it begins to peck at the ground. No rooster or hen shows it what to do. For some animals, their mothers make a sign and then by instruction from Allaahﷻ, they begin to suckle the breast or udders of their mothers. When a cow, buffalo, cat or dog gives birth then the kind mother places her udders or breast towards the mouth. Due to the ilhaam (inspiration) of Al-Muqeet ﷻ, they begin suckling and find a pure drink. Then with great relish, they drink. They hit their hands on the head and hands or claws trying to retrieve more and more milk until they become satiated with this bounty of Allaah ﷻ.